

# ROLE MODELS

Girl Power

*What about other people inspires you?*

These are my role models:

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**I admire them because:**

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Ask an older member of your family about a girl he or she knew in school who was popular. What made her popular? More often than not you'll probably hear that she had a great personality, or was a good friend, or had a sense of humor, or was active and always willing to do things. You probably won't hear that she was just someone who looked good. Even if she was considered really attractive, she probably had more going for her like self-confidence and personal style. Her positive feelings about herself are most likely what made her attractive and popular. That is important to remember when you're agonizing over your looks.

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Remember, lots of girls go through times when they feel self-conscious about how they look. These feelings are normal - not fun, but normal.

Decide what your best features are. Remember to include not just your physical attributes, but also those things you love about your personality, such as your sense of humor and your ability to be a good friend. Make a list here.

**My Best Features Are:**

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